

# STAND STRONG

## A JOURNEY THROUGH EPHESIANS #3

### Introduction:

- We have put on the belt of truth – ditched the “fake news”
- We have put on the Breastplate of Righteousness
  - Thinking right, doing right
  - Protects the heart
- Are we standing strong?
  - Peace will keep you standing

**Ephesians 6:15** ...and with your feet fitted with the readiness that comes from the gospel of peace...

- Peace that is ready and alert

### 1. Warrior Boots

#### (a) Stamina for the Long Haul:

- Good fit
- Highly valued – cost of boots same as a sword

#### (b) Protection:

- Layers of leather to protect from traps to pierce feet

#### (c) Stability

- Spikes on boots



### 2. Peace with God

- Peace is freedom from all the distresses that result from sin (Amplified Bible)
- Peace with God comes first
  - Do you have peace with God?
    - Have you stopped fighting Him or running from Him?
  - Surrendering to Him is the start

- Jesus came to make peace

**Ephesians 2:17-18** *He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit.*

- We were far away
  - lifestyle far removed from anything godly, religious, or pure
- near – lifestyle of good living, religious
  - but still lost
- both have access to the Father by one Spirit

### **3. Peace in Relationships**

- Check out the key words in these verses:

**Ephesians 4:1-3** *As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.*

- Live a life worthy of the calling
- Humble and gentle
- Patient
- Bearing with one another
  - Stretching
- Unity of the Spirit through peace.

#### 4. Peace with the Holy Spirit

- Peace gives stamina
- Peace gives protection
- Peace gives stability
- Can I forfeit that peace?

**Ephesians 4:30** *And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.*

- Did you ever think you could hurt the Holy Spirit?
  - “grieve” indicates lack of peace
  - We grieve the Holy Spirit when we express words and actions that are no Holy Spirit led

**Ephesians 4:31** *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.*

- Key words:
  - Bitterness – an attitude that causes trouble with other people
  - Rage – anger that controls us
  - Anger – holding onto anger; not put to bed
  - Brawling – obnoxious, riotous, trouble-maker
  - Slander – speaking falsely about others
  - Malice – deliberate harm to others.

**Conclusion:** Being at peace and not grieving the Holy Spirit give room for the Holy Spirit to work in your life.

**Ephesians 3:20-21** *Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*